

**TSW FORMAT
for
INFORMATION GATHERING
"Ideas that Work"**

Type of Project: Abstinence - Service

Project Name: "Staying Abstinent is the best service I can do"

Project Goal: Demonstrate abstinence and recovery from compulsive eating

Organizing Service Body: N/A - individual

Contact Information: Karen C. (kcornacchia@tampabay.rr.com)

Resources Needed (budget, volunteers, materials, etc.): Willingness to share the ups and downs of life abstinely with others. Tools of Recovery - Plan of eating, Sponsor & sponsees, Meetings, Phone calls, Literature, Writing, Anonymity & Service

Implementation Process (including length of time for planning and implementation): Share Statistics...weight lost/gain length of sustained abstinence. Show pictures. (Implementation time = a lifetime, one day at a time)

Additional Comments (including things of which to be mindful):

People need to see and hear recovery. I always try when I tell my story to share that I have gone through and all that I have because of abstinence, the tools, and the steps and traditions. I share all three levels of recovery - physical, emotions & spiritual.

Results: Results are in God's hands, but I try to share experience, strength and hope.